



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## CLIENT NAME & CONTACT INFO

Client Name: _____	Member Number: _____
Phone: _____	Address: _____
PLEASE CIRCLE ONE:      New PT Client      Existing PT Client	

## PACKAGE, PRICING & PAYMENT

PACKAGE TYPE:	Individual	Partner	Small Group			
SESSION LENGTH:	30 min	60 min	NUMBER OF SESSIONS: 4 8 12	PAYMENT TYPE: Cash	Check	Card
TOTAL FEE: _____	END DATE (see Policies section below for more info): _____					

## PT SESSION SCHEDULE & TRAINER

SESSION LENGTH:	1	2	3	4	5	DATES AND TIMES PREFERRED: _____
Trainer(s): _____						

## POLICIES

**PT for Y members only:** Only current members of the YMCA may participate in YMCA Personal Training.

**Serviced where purchased:** Personal Training sessions must be serviced at the YMCA they were purchased from.

**Try to be on time!** Please try to be ready to exercise at the scheduled time. Being late for a scheduled session may result in a shortened session at full charge.

**Need to cancel/ reschedule?** If you need to cancel/reschedule a session, please contact the trainer at least 24 hours before the scheduled session time. Failure to do so may result in the member being charged.

**Cancelling your membership?** Cancelling your membership may result in the loss of any unused sessions.

**Transfers:** Unused sessions may be transferred to another active YMCA member if the unused sessions haven't expired.

**Expiration:** To encourage an appropriate frequency of use, the YMCA sets a time limit on when personal training sessions must be used by: 1 week is allotted for each session purchased, from the date of purchase. For example, if 8 sessions are purchased, then the member has 8 weeks to use the 8 sessions before those sessions expire.

**No refunds:** Refunds are not given on any YMCA wellness services or programs:

By signing below I acknowledge that:

\*The above information is correct to the best of my knowledge.

\*I am required to pay the full amount of the package listed above before I begin training.

\*The Winter Park YMCA will try to accommodate my preferred training days and times as much as is possible without sacrificing quality of service, but that no guarantee is made.

\*I understand and agree to all of the policies listed above.

PT Client Signature: \_\_\_\_\_

Today's Date: \_\_\_\_\_

Staff Signature: \_\_\_\_\_

Today's Date: \_\_\_\_\_

# Personal TRAINING

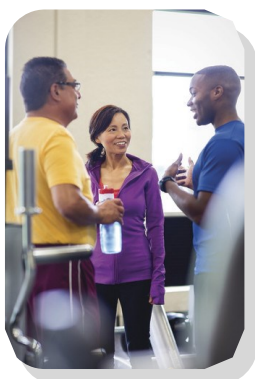
Need help getting healthier? We've got your back.



**We'll make the plan.  
You'll make the progress.**

Feel like you're getting nowhere with your fitness goals? Are you stuck in a workout rut, or simply ready to see better results for your efforts? Let your Y personal trainers help. Our nationally certified fitness experts provide the insight and inspiration you need to achieve your goals. Whether you're looking to drop a dress size, shave a few seconds off your mile, or simply keep up with your kids on the basketball court, the Y has you covered.

And with so many different personal training packages available, you can choose the level of support that fits your budget.



## INDIVIDUAL SESSIONS

<b>30 Minute</b>	<b>Per Session</b>	<b>Total Cost</b>
4 Sessions	\$30	\$120
8 Sessions	\$28	\$224
12 Sessions	\$25	\$300

<b>60 Minute</b>	<b>Per Session</b>	<b>Total Cost</b>
4 Sessions	\$60	\$240
8 Sessions	\$56	\$448
12 Sessions	\$50	\$600

## PARTNER SESSIONS

<b>60 Minute</b>	<b>Per Person</b>	<b>Per Session</b>	<b>Total Cost</b>
4 Sessions	\$45	\$90	\$180
8 Sessions	\$40	\$80	\$320
12 Sessions	\$35	\$70	\$420

## SMALL GROUP SESSIONS

<b>60 Minute</b>	<b>Per Person</b>	<b>Per Session</b>	<b>Total Cost</b>
8 Sessions	\$25	\$75-150	\$200
12 Sessions	\$20	\$60-120	\$240

**For more information contact:**

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